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# Ottawa metro

metroLIFE

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# WHEN *'polite signage'* ISN'T ENOUGH

**The City of Ottawa is telling drivers to chill out while crossing the McIlraith Bridge, after hearing complaints that cyclists were getting harassed by drivers metroNEWS**

# Daycare workers strike

YMCA

## Protesters picket hours before deadline

Haley Ritchie
Metro | Ottawa


Ottawa parents may be left scrambling for new childcare options, after workers at three YMCA daycares voted to strike on Monday evening.

Childcare employees at Taggart Family Y on Argyle Avenue, Ruddy Family Y on Centrum Boulevard and Avalon Public School on Portobello Boulevard have spent a year without a contract.

"We want to see what they come back with. At our last meeting there was no movement with respect to wages and benefits," Athina Basiliadis, educator and president of the union representing the childcare workers, CUPE local 2204, said earlier that day.

She said within the union local, which represents child care workers across eastern Ontario, staff working for the three YMCA licensed child care locations are the lowest paid.

Union vice-president Carla Tomlinson said the low wages mean staff turnover is high, which makes it hard on families who want the same caretakers every year.

"I'm at a centre where parents are bringing their grandchildren back to me. Their children's children are coming back," said Tomlinson. "People need a living wage to provide that long-term comfortability."

In May the majority of the 33 employees at the three locations voted for a potential strike.

"It's the last thing we want, but we really need something from the employer today," said Basiliadis.

On Monday YMCA associate vice president Rob Adams was in negotiations and unavailable for comment.

"We greatly respect all of our staff members and value their hard work, loyalty, and dedication to the families we serve," he said in an emailed statement. "We are committed to reaching a fair, negotiated collective agreement; and can assure that the health, safety and development of children in our care remains our utmost priority at all times."

Earlier on Monday, CUPE local 2204 held an information picket outside the downtown Taggart Family Y, where they handed out tickets for free ice cream and informed parents of alternative care if a strike took place.

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David Cameron sings his last tune as Theresa May prepares to become U.K. prime minister. **World**

# Tenants fight rent hike

HERONGATE

## Company wants rates raised by as much as $50 a month

**Emma Jackson**
Metro | Ottawa

For the first time in his life, Alex Laffin could find himself living on the street.

Timbercreek Asset Management in Herongate has applied to the Landlord and Tenant Board to raise rents by five per cent this year for some 261 apartments, on the grounds it has poured millions into repairs and upgrades at four high-rise buildings on Cedarwood Drive.

Laffin shares a one-bedroom apartment there with his wife and seven-year-old son. He said he can't afford the extra $40 a month the hike will cost him.

His wife is on disability, and he's been on employment insurance since his contract ended three months ago. They only have $50 at the end of the month for groceries, and if he ditches his car the likelihood of finding another job is slim.

"It's the first time we've ever had to think about being homeless," Laffin said.

Timbercreek's lawyer David Lyman said those kinds of situations can be dealt with on a case-by-case basis. But the company is sticking to its plans to apply for the higher rent, which will be heard by the landlord and tenant board this Friday.

According to the application, Timbercreek spent about $7.4 million replacing windows, repairing balconies, rehabilitating the underground garage, replacing roofs and updating the common areas.

But some tenants, who protested with social justice group ACORN outside Timbercreek's rental offices on Monday, argued that's just a smokescreen to hide how the landlord neglects to fix urgent problems inside individual units.

Laffin's kitchen sink routinely backed up for four years before it was fixed last month, spilling water and sludge onto the apartment floor often on a daily basis, he said.

And Rick Raftus said he's been waiting two years for Timbercreek to address a long list of repairs in his Cedarwood apartment, from leaky caulking around the bathtub to a hole in a closet door.

"They're sitting in the system, nobody's done anything about them," Raftus said.

"The only repairs they've done are to the outside of the building."

Timbercreek's marketing director Colleen Krempulec said she doesn't "accept the premise of that" and said the company "works very hard to deal with maintenance requests in a timely manner."

Tenants and advocates march to the Timbercreek rental offices on Monday to protest a five per cent rent increase. EMMA JACKSON/METRO

> **It's the first time we've ever had to think about being homeless.**
> Alex Laffin

Herongate resident and ACORN advocate Mavis Finnamore told protesters Monday that Herongate in general has been "known for its poor maintenance problems."

She said just because the area largely serves low income residents, doesn't mean a large corporation can step on their rights.

"Poor people don't deserve to be treated like dirt," Finnamore said.

### By the books

Every year, the province sets a rent increase guideline based on the consumer price index. For 2016, that guideline is two per cent.

To increase the rent above that amount, the landlord must apply to the Landlord and Tenant Board to prove their costs for the year were higher than usual.

For instance, if property taxes or utilities skyrocketed or the landlord began providing security services for the first time, they could be allowed to charge more rent.

Completing "extraordinary or significant" renovations, repairs, replacements or new additions to the building or to individual units also counts.

But regular maintenance, cosmetic fixes or work that is largely meant to up the "prestige" of the building doesn't count.

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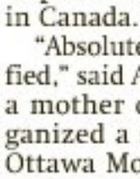
# Racism alive and well: Activists

BLACK LIVES MATTER

## Viral Facebook post does not reflect reality, some say



Joe Lofaro
Metro | Ottawa

In the aftermath of two black men being shot to death by police in the U.S. last week, a familiar Facebook post of an Ottawa police officer dancing with a black man on Canada Day started to go viral for a second time.

New York-based house music producer Samy Irssak shared the jovial video of videographer Yves Soglo dancing salsa with Det. Tracey Turpin on his Facebook page beneath a caption that read: "Meanwhile, in Canada."

The post has been shared more than 33,000 times and the views of the 45-second video have topped three million since July 8.

While it was meant to be a tongue-in-cheek contrast to the police's treatment of minorities north of the border, some say it inaccurately implies racism doesn't exist in Canada.

"Absolutely, it's over-simplified," said Alicia-Marie LeJour, a mother of two who co-organized a solidarity vigil in Ottawa Monday evening for Philando Castile and Alton Sterling, two black men who were shot dead by white police officers in the U.S.

"A lot of people sharing that video have not experienced any discrimination at the hands of police.

"When I shared it, I was sharing it to show that relationship with police is possible.

**Hundreds of people fill the steps by the U.S. embassy Monday evening for the No Justice No Peace vigil.** JOE LOFARO/METRO

> **I've had people whom I consider my friends address me as the N word.**
> Alicia-Marie LeJour

Not as a slap in the face of people who are fighting for equality and their rights."

LeJour and activist R.J. Pate organized a vigil at the American embassy Monday to draw attention to racial discrimination at home and abroad and to add their voices to the growing Black Lives Matter movement.

More than 300 people filled the sidewalk and steps next to the embassy as they held signs saying "Silence is violence" and "Hands up don't shoot."

Since moving from Saskatchewan about two years ago, LeJour says she and her family have experienced more racism here in Ottawa than before.

"I've had people whom I consider my friends address me as the N word," she said.

"They're like, 'Oh, come here N—a.' And these are non-minorities, obviously. They feel that's appropriate because of urban culture right now. They feel it appropriate to address me that way."

She said her five-year-old daughter has been teased by other children because her skin is black and is "ugly."

"Children repeat what they hear," said LeJour.

**R.J. Pate and Alicia-Marie LeJour both organized the vigil on Monday.** JOE LOFARO/METRO

TRANSIT

## Police safety blitzes target bus routes

Ottawa police laid nearly 150 offences in three separate safety blitzes over the spring and summer months focusing on the city's transit network.

Police conducted blitzes on April 29, May 20, and July 8 on local bus routes, catching people for criminal and bylaw violations, as well as provincial offence violations.

The offences range from minor ones related to bus fares under city bylaws to more serious criminal charges such as carrying a concealed weapon and aggravated assault.

Most of the charges (88) were related to bus fares.

"The objective was to ensure community security and to enforce OC Transpo Bylaws, City Bylaws, Provincial Statutes and Canadian Criminal Code throughout bus routes in the East end of Ottawa," said Insp. Pat Flanagan, an Ottawa police officer in East District Support, in a news release.

JOE LOFARO/METRO

CITY COUNCIL

## Somerset House demolition is possible

Haley Ritchie
Metro | Ottawa

What to do with Somerset House: on Monday councillors debated their options to preserve what is left of the crumbling historic structure at the corner of Somerset Street West and Bank Street.

A report by city staff suggested most of the structure will need to be demolished, but one wall might be salvageable. A sub-committee approved the demolition on Monday and the final approval by city council will take place Wednesday.

"Its an eyesore and it's embarrassing," said Somerset Ward Councillor Catherine McKenney, who said she is asking staff to investigate if it's possible for the city to appropriate the building from the current owner.

"It's in our heritage conservation district, it's a beautiful heritage property," she said. "And right now it's falling down. It's unsafe and it's being demolished by neglect."

The building was constructed in 1899, but has been left to deteriorate for almost a decade after a wall collapsed in 2007.

**The city is still figuring out what to do with the decrepit Somerset House.** HALEY RITCHIE/METRO

A medical marijuana dispensary is opening on Iber Road in Stittsville. JOHN CURRY/METROLAND MEDIA

# Stittsville's newest pot dispensary

LEGALIZATION

## Magna Terra to be sixth shop for medical marijuana

A medical marijuana dispensary is to open in Stittsville.

Magna Terra, which will be the sixth such medical marijuana dispensary in the city of Ottawa, will be opening soon at an Iber Road location. No specific date has been set for the opening.

Information displayed at the location at 83 Iber Rd. indicates the Magna Terra phone number will be 613-831-9333 with its web address being magnaterra.ca.

Until the federal government legalizes the sale of marijuana, as it has promised to do, this new facility will only be servicing those with prescriptions for the drug.

In addition, there is to be a doctor on site at all times.

But despite these restrictions, Ottawa Stittsville Coun. Shad Qadri admits he is uncomfortable having such a business in the community at the present time when the sale of marijuana is still illegal.

He believes there are sufficient distribution systems already in place such as mail order dispensaries to allow those needing medical marijuana to access it.

Qadri pledges that until the federal government legalizes the sale of marijuana, he will work closely with the Ottawa Police Service and the bylaw department to ensure that this new medical marijuana dispensary in Stittsville operates within the bounds of the existing law.

It is believed that after this medical marijuana dispensary opens, it will be holding an open house to allow members of the public to tour the facility.

There will be no marijuana on display at this open house.

METROLAND MEDIA

**YOUR TAKE**

Qadri is interested to know what the opinion of Stittsville residents is with regard to the presence of medical marijuana dispensaries in the community. He urges anyone with thoughts on the matter to email him at Shad.Qadri@ottawa.ca.

DUTY FREE

# 'Bold' designs planned for airport's shops

The Ottawa airport's two duty-free shops will be undergoing a "bold" transformation.

The new operator of the shops will be the Miami-based DFASS Group, which stands for Duty Free Air and Ship Supply, the Ottawa International Airport Authority announced July 7.

The news comes on the heels of a request-for-proposals process that began late last year and wrapped up in March.

In making its choice, the airport authority said it was looking for an operator that could provide unique and welcoming store designs, a sense of place reflecting Ottawa and its status as the nation's capital, a commitment to providing excellent service and offering high-quality, locally sourced and engaging products.

The company, which is one of the largest duty-free operators in North America with a presence in more than 25 airports, including Dallas-Fort Worth, Orlando International, Newark Liberty, Chicago O'Hare and in Mexico, will take over operation of the Ottawa airport's duty-free concessions starting Sept. 1.

The shops are located in the areas for international passengers and for trans-border travellers.

A design rendering shows seating areas, a brightly lit interior and an array of goods and services for sale. The exterior has an angular and colourful design.

METROLAND MEDIA

**UPGRADES**

DFASS will begin implementing its new store concepts at Ottawa's airport in September. Renovations are expected to be finished in early 2017.

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**The City of Ottawa has installed these signs on McIlraith Bridge, after hearing complaints that cyclists were getting harassed by drivers.** LUCY SCHOLEY/METRO

# Snarky reminders to respect cyclists

ROAD SAFETY

## 'The polite signage wasn't working,' says councillor

Emma Jackson
Metro | Ottawa

Hey drivers: chill out.

That's the message behind some snarky new road signs on the McIlraith Bridge in Old Ottawa East.

The green and yellow signs read "Cyclists can take the lane; stop honking" and are meant to remind drivers that bikes are vehicles, too.

"Obviously the polite signage wasn't working," said Coun. David Chernushenko, who asked staff to rethink their strategy after several cyclists complained they were getting harassed. "No one likes to be told to relax, but that's essentially the message. We're all stuck here crossing this bridge, so let's be safe about it."

The bridge connecting Smyth Road and Main Street over the Rideau River has been severely narrowed by the ongoing Main Street construction work, and all vehicles are supposed to go single file on the crossing.

But when cyclists take the lane, many drivers are apparently still trying to pass, or they honk and harass the cyclists until they move over, putting themselves in danger, Chernushenko said.

"During construction projects it becomes particularly acute," he said. "People are frustrated because they've already been delayed."

He said some drivers have taken the change badly, but that's to be expected "when you do the right thing."

Heather Shearer with Citizens for Safe Cycling said she likes that the signs are clear about cyclists' rights.

"It makes a good point," Shearer said. "The other 'share the road' signs can be misunderstood as 'cyclists, get out of the way."

But, attention-grabbing as they are, she said she wouldn't want the new signs to become a permanent alternative to things like bike lanes or other cycling infrastructure.

In this case, the signs will come down once the construction is finished, since the project includes new bike lanes, Chernushenko said.

And if the signs do migrate to other areas of the city, Chernushenko said they'll be reserved for particularly troublesome spots.

"My goal is to see them strategically placed, definitely at all construction projects and at known existing problematic areas," he said.

### BIKE-PASSING BLITZ

While Chernushenko stressed the focus of the new campaign is on education, the signs corresponded to stepped-up enforcement efforts from the police on Friday.

During a two-hour blitz, 29 drivers were ticketed for illegally passing a cyclist on a single-file road, said Const. Chuck Benoit.

Even passing with one metre to spare, as per the new rules, is not allowed on a narrow bridge like that.

Chernushenko said he'd like to see the city get to a point where sharing the road is just a given among all vehicles.

"If all road users understand better their respective obligations, we might achieve a point where the road is safer for everyone and charges are no longer necessary," he said. "I'd rather get compliance than issue tickets."

Benoit said drivers should expect more blitzes throughout the summer months while construction continues.

INFRASTRUCTURE

# City staff reconsider adding bike lanes to Booth Street Bridge

The Booth Street bridge could get bike lanes, after all.

Somerset Coun. Catherine McKenney said staff have agreed to rethink their decision to build the new Booth Street bridge without any cycling infrastructure, after she met with Mayor Jim Watson and an official from Rideau Transit Group last week.

"I made my case that there was plenty of space to chip away from the vehicular lanes and provide a segregated bike lane," McKenney said.

"That's what we've agreed to come back and look at."

It was revealed last month during a media tour of the Pimisi light rail station near LeBreton Flats that the new bridge over the tracks wouldn't include room for bike lanes.

The original plan had called for segregated cycle tracks on the outer edges of the bridge, but staff said the paths would create too much conflict between cyclists and pedestrians trying to access the station.

> **"I made my case that there was plenty of space to chip away from the vehicular lanes.** Coun. McKenney

We're too far along in the construction to go back to that plan, but McKenney said it's critical staff find some way to create a north-south connection for residents along Booth and in the planned Zibi community to the north.

Staff are supposed to meet again by the end of next week.

"I'm hopeful," McKenney said. EMMA JACKSON/METRO

# leMeow takes centre stage

BLUESFEST

## Soulful indie-pop band will showcase new album York St.

**Melissa Murray**
Metroland Media

Gin Bourgeois has moved around a lot, but when she's living in Ottawa, she always takes in at least one show at Bluesfest.

Then last year, her band, leMeow, was featured at the music festival as an offsite act — this year, it's their time to take centre stage.

Bourgeois, the group's vocalist, will perform alongside James Rooke on bass, Brent Hultquist on keys and Jansen Richard on drums on the Claridge Homes Stage on July 17, from 6 to 7 p.m.

"It feels really great to be recognized by your peers in your own city," Bourgeois said of being on the roster of local acts for the annual festival.

"I know that there's just so much talent in Ottawa and am very proud to have our name up there with the other local bands."

The group had its fingers crossed to be part of the main festival lineup this year, after releasing its first full-length album, called York St.

"We figured this would be a good opportunity to play our new songs for a large audience," she said.

"This is probably the largest platform that we've played on, so I'm really looking forward to getting our name out there to a wider audience and, honestly, I think it will be fun to be on a big stage like that and have the space to run around," Bourgeois said.

**Local band leMeow performs at Bluesfest** on July 17 from 6 to 7 p.m. It's the first time the band will perform during the main festival.
JONATHAN EDWARDS/CORVIDAE STUDIO PHOTOS

The 10 original songs on the new album were co-written by Bourgeois and Rooke and recorded with the help of a grant from the Foundation Assisting Canadian Talent on Recordings and producer Eric Eggleston of Johnny Hall Productions.

> **It feels really great to be recognized by your peers in your own city.**
> Gin Bourgeois

When Rooke and Bourgeois first met, Rooke was living in the ByWard Market area and that's where the pair worked out many of the songs on the York St. album.

"It's also an homage to the market area because there's so much music and culture that goes on in that area, especially on York Street. We kind of wanted to pay tribute to that as well," Bourgeois said.

The group's cover art is a photo of York Street by William James Topley made available from the Library and Archives, featuring the horse and buggy days of downtown Ottawa circa 1911.

She describes the group's sound as "soul-infused indie pop," with hints of Motown, Amy Winehouse and Ray Charles.

The new album will anchor the group's performance at Bluesfest, where Bourgeois said they will play about 14 songs, which will include some of their older music and maybe a few covers.

Bourgeois, who currently lives in Little Italy, is just hoping to keep her nerves in check.

"I struggle with nerves sometimes before I go on," Bourgeois said, saying the feeling is inevitable. "The thing I have to do is just make sure I'm adequately prepared and then I can just rationalize with myself and say I'm ready."

Bourgeois has had plenty of stage experience, taking voice lessons starting in middle school. The full band has been performing together for about a year.

The Bluesfest performance follows a busy couple of weeks for the band, which performed on Sparks Street during Ribfest and Canada Day and also performed at the Rideau Centre as part of the city's jazz festival.

### THE FESTIVAL

- **Bluesfest continues** through July 17 at LeBreton Flats.
- **Tickets** are available at ottawabluesfest.ca.

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IMMIGRATION

# Going home was one refugee's big mistake

Sometimes, going home can have terrible consequences.

Afghan native Obaidullah Siddiqui learned that the hard way when the former refugee was stripped of his right to stay in Canada because he made the mistake of going back — three times — to his war-torn homeland to visit his aging parents.

After living in exile in Pakistan for two decades, Siddiqui and his family were resettled to Canada as permanent residents by a private sponsorship group in January 2011.

But as his marriage started to crumble amid the chaos of the resettlement, the 49-year-old Surrey, B.C. man said he took three separate trips back home — two accompanied by his children — to visit his parents in Herat and to get their help in saving his marriage.

In November 2013, immigration officials initiated what is known as a "cessation application" and later stripped Siddiqui's permanent resident status on the grounds "he was found to have re-availed himself of Afghanistan's protection" and his life would no longer be in danger there.

As a result, Siddiqui became the first case where a sponsored refugee arriving as a permanent resident was stripped of his status, and faced removal under changes the Tories introduced in 2012 to immigration laws to make losing permanent residence automatic in such circumstances, with no discretion.

"This has broken me. I am going through extremely hard times mentally, emotionally and psychologically. I am being separated from my three lovely children and I am facing an ambiguous future," said Siddiqui, who fled Afghanistan for Pakistan in 1987 before he came here.

"Imagine living with no status, no permission to work, not being able to be with your children and having nowhere to go."

The number of cessation applications by immigration has skyrocketed from 30 in 2012 to 256 in 2015. Although officials targeted former refugees who were granted asylum in Canada, resettled refugees such as Syrians who recently arrived are not immune.

With the new Liberal government in power in Ottawa, the opposition New Democrats have brought forward a private member's bill to repeal cessation provisions of the law and suspend these cases until the legislation is passed.

Siddiqui has taken his case to the Federal Court of Appeal, arguing he should be excluded from cessation proceedings because he arrived as a permanent resident under the humanitarian protected person abroad class, instead of going through a refugee determination process pleading for Canada's protection.

However, in its recent decision to reject Siddiqui's appeal, the court said there was "no reason why the principle of re-availment and its associated criteria should vary according to the route by which status as a protected person is originally obtained."

TORSTAR NEWS SERVICE

Obaidullah Siddiqui fears being separated from his children if he's forced to leave Canada. HANDOUT/TORSTAR NEWS SERVICE

ONTARIO

# Immigration detainees on hunger strike: Group

A group advocating for full immigration status for all migrants says more than 50 immigration detainees began refusing food Monday in two Ontario centres.

The End Immigration Detention Network says the detainees are protesting prison conditions that include increasing lockdowns and the use of solitary confinement, and are calling for an end to indefinite detentions in maximum security prisons.

The immigration detainees are asking for a meeting with Public Safety Minister Ralph Goodale to discuss their concerns. A spokesman for Goodale says the minister is working on issues related to detention.

Those taking part in the protest are housed at the maximum security Central East Correctional Centre in Lindsay, Ont., and the Toronto East Detention Centre.

THE CANADIAN PRESS

# Detained student's family ask for help

BANGLADESH

## PM Justin Trudeau urged to intervene in the case

The family of a Toronto university student who was detained after surviving a deadly attack in Bangladesh has asked Prime Minister Justin Trudeau to intervene in the case of the young man, who is a permanent resident of Canada.

Tahmid Hasib Khan has been in custody in Dhaka since the July 1 attack, in which 20 hostages were killed, mostly foreigners.

The 22-year-old's family doesn't know why he's being held, but they insist Khan has done nothing wrong.

His brother, Talha Khan, who is a Canadian citizen, sent a letter through a lawyer to Trudeau's office on Monday, asking for Ottawa's help in the case.

"It's requesting that they reach out to the government of Bangladesh, to let the government of Bangladesh know that Canada is concerned," said lawyer Marlys Edwardh.

"And (the letter asks) to seek access to this young man so that the conditions of his detention can be monitored and it can be ensured that he is not being held in circumstances that violate international norms."

Global Affairs Canada has said it is monitoring the situation in Bangladesh closely, but a spokeswoman said Monday that "there are limits" to what any country can do for individuals who are not its citizens.

However, Edwardh said that although Khan is not a Canadian citizen, Ottawa does have "a clear discretion" to request consular access to him.

"Tahmid is a young man who has very real Canadian connections," she said.

Khan, an undergraduate student studying global health at the University of Toronto, had travelled to Dhaka to visit family, with plans to go on to Nepal where he was to begin an internship this week. He was meeting friends at an upscale restaurant in Dhaka's diplomatic zone when he got caught up in the 10-hour hostage crisis.

A group of young Bangladeshi men held about 35 hostages over night, killing 20 of them, including 17 foreigners from Japan, Italy and India. Two police officers were also killed in the siege.

Khan was detained after the attack ended, and his family fears authorities may suspect him of being linked to the attackers.

While Khan's father was able to speak with his son twice in the early days of his detention, the family has not been able to reach him for a week, and isn't even sure where he is being held, his brother said.

THE CANADIAN PRESS

**Tahmid Hasib Khan,** a University of Toronto student who survived a hostage-taking in Bangladesh has been detained by authorities ever since the weekend attack, his family said Wednesday as they called for his immediate release. HANDOUT/THE CANADIAN PRESS

> **We want to know why he is being held, as a witness, or as a suspect.** Talha Khan, Tahmid's brother

BRITISH COLUMBIA

# Canadian astronomers find dwarf planet

David P. Ball
Metro | Vancouver

Canadian astronomers have helped make a far-out find some 12 billion km from our sun: a new dwarf planet with an "unusual" 700-year orbit.

Spotted by an international team that includes top researchers in Vancouver and Victoria, it is the largest object in the solar system that Canadians have ever found.

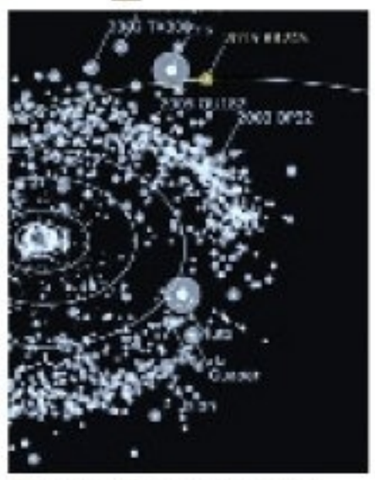
And according to University of British Columbia's Brett Gladman, the crew behind the discovery isn't letting the fact that it's "smallish" get in the way of their excitement — the object's diameter is barely wider than B.C., making it what's known as a "dwarf planet."

"Think of it as a smallish planet," explained Gladman, who holds a Canada Research Chair in planetary astronomy. "It's not quite big enough to be a planet, but it's still an impressive object with enough gravity to pull it into a spherical shape."

First spotted in late February, using five-month-old images from the Canada-France-Hawaii Telescope at the top of the volcano island of Maunakea, for now the dwarf is simply named "2015 RR245."

The Outer Solar System Origins Survey researchers found it by comparing very high-resolution photographs taken through the telescope. Computers then scanned for any dots that moved between frames — but it took human observers to sift through the results to make the final call.

However, until more detailed measurements can confirm its size and shape more precisely, technically it's still a "dwarf planet candidate."



**The dwarf planet is called "2015 RR245."** GETTY MAGES

ATTACK

## Dallas PD was taking steps to mend rifts

When Micah Johnson opened fire on Dallas police in an act of vengeance against white officers, he was attacking a department whose chief has been lauded across the country for taking bold steps to root out bad cops and repair relations with minorities.

Police Chief David Brown, a black man who pushed through the reforms despite resistance from the rank-and-file, boasted at a news conference Monday that crime, police shootings and excessive-force complaints against the department have all dropped.

Johnson, a black Army veteran who served in Afghanistan, killed five officers in a sniper attack Thursday that he portrayed as payback for the fatal police shootings of black men last week in Baton Rouge, Louisiana, and suburban Minneapolis.

The attack ended with Johnson blown up by a bomb delivered by a police robot.

No evidence has come to light to suggest that the 25-year-old Johnson had a grudge specifically against the 3,400-officer Dallas Police Department.

"Dallas PD is paying the price for problems elsewhere around our country," said Mohamed Elibiary, a Texas-based Department of Homeland Security adviser.

Carlyle Holder, president of the National Association of Blacks in Criminal Justice, had been holding up the Dallas Police Department as an example of a law enforcement agency effectively addressing the problem of racial disparities in police work.

"That's what made the killing of those officers so much harder to take," he said.

THE ASSOCIATED PRESS

# Baton Rouge police face criticism over arrests

LOUISIANA

## Nearly 200 arrested, but charges still uncertain

Criticism mounted Monday over how Baton Rouge police dealt with throngs of protesters during the weekend, including nearly 200 demonstrators who were arrested and may yet face criminal charges.

The protests have been growing around the country as people express outrage over the recent deaths of two black men at the hands of police in Louisiana and in Minnesota.

East Baton Rouge District Attorney Hillar C. Moore III said Monday that his office hasn't made any decisions on charges against the protesters and that it will be done on a case-by-case basis.

"We're going to do as good job as we can, as quickly as we can, to try to go through the (police) reports as they come in," he said.

Moore suggested that "first offenders" and people who may have just "stepped over a line" could have their cases resolved more quickly than those for protesters accused of carrying guns or injuring officers.

> They are telling us not to be violent, but they are being violent against us. Kristy Carter

But with tensions rising since last week's killings of Alton Sterling in Baton Rouge and Philando Castile in Minnesota by white officers, and an attack on police by a black sniper in Dallas that killed five officers, many have questioned whether the police response has been appropriate.

Kristy Carter said she's been protesting every night since Sterling was killed. She said that officers outside the police station said they don't have a problem as long as protesters don't cross barricades or stop traffic — but that in practice it's different.

"Yesterday evening we were standing here ... and they just started coming and attacking the crowd for no reason," Carter said of police.

The American Civil Liberties Union of Louisiana said Monday that Baton Rouge police "used violent, militarized tactics on groups of people who have gathered peacefully in protest of Alton Sterling's killing."

On Sunday, Amnesty International questioned the high number of arrests during Saturday's protests.

Louisiana authorities have said repeatedly that they have no problem with protesters and pointed out the number of rallies that have been co-ordinated with authorities and gone off without problem. THE ASSOCIATED PRESS

**ICONIC IMAGE**

**IN THE MIDST OF CHAOS**

Social media is exploding with reaction to a photograph of the protests in Louisiana over the shooting death of Alton Sterling in a struggle Tuesday with two Baton Rouge police officers.

The photo is of a young woman in a flowing dress near the city's police headquarters, the instant before she is arrested by police.

She was held in detention for 24 hours.

"Have a feeling we are getting a glimpse of what will be in future history books," tweets one admirer. "Look at her posture!" another tweets. "She is balanced, powerful, upright and well grounded with both feet firmly planted on the earth."

The officers in heavy riot gear appear to be reeling backwards from her.

The photo was shot on Saturday by Jonathan Bachman of Reuters. It quickly went viral on social media, where she was identified as a 28-year-old nurse, who's the mother of a five-year-old son.

PHOTO: JONATHAN BACHMAN/REUTERS

TEXT: TORSTAR NEWS SERVICE

**SHOOTING**

**Inmate kills two bailiffs**

A prisoner was being moved at western Michigan courthouse when he disarmed an officer and shot and killed two bailiffs Monday before officers killed the gunman, a sheriff said. Berrien County Sheriff Paul Bailey said the inmate was being moved from a holding cell when a "fight occurred." He said the man was able to disarm an officer, get hold of the gun and start shooting.

THE ASSOCIATED PRESS

BREXIT

## Britain to get new 'Iron Lady' as Cameron sings last song

Theresa May, 59, is expected to be sworn in as Britain's new prime minister later this week.

She brings with her plenty of experience, having been first elected to Parliament in 1997.

She rose to become chair of the Conservative Party in 2002 and Home Secretary in 2010. Home Secretary is a mega-post in Britain, as it encompasses immigration, anti-terrorism and policing.

Here are three things to know about the woman who is to lead the United Kingdom by the end of the week:

**1 "Brexit means Brexit"**

She was part of the Remain side in the Brexit debate, although she came under fire for not campaigning hard enough.

She has quickly snuffed out any speculation that she'll try to stay inside the European Union.

"Brexit means Brexit and we will make a success of it," she said.

**2 Private person**

May prefers not to give out details of her personal life, although she has spoken about some things, such as how she has Type 1 diabetes.

She and her husband, Philip May, were married by her Anglican minister father in 1980.

**3 Students aren't immigrants**

As Home Secretary, May made it clear she thinks too many foreign students don't go home when their visas run out.

"I don't care what the university lobbyists say," she said. "The rules must be enforced. Students, yes: overstayers, no."

TORSTAR NEWS SERVICE

**Theresa May, incoming leader of Tories.** GETTY IMAGES

**SO BRITISH**

**Cameron's tune**

British Prime Minister David Cameron told reporters he'd be calling it quits as prime minister by the end of Wednesday. Then he turned his back and walked back into 10 Downing Street in London. As he turned, it seems he began to whistle and sing "Do dooo doooo" to himself. TORSTAR NEWS SERVICE

# Retailers get Plan B ready

CANADA POST DISPUTE

## Contingency plans include new delivery partners

Canada's largest retailers say they're preparing to handle any disruptions in Canada Post services if the corporation can't reach an agreement with its unionized employees.

Some retailers have been planning for the possible disruption for months, putting contingency plans into place that include alerting customers to the problem and queuing up new partners for package deliveries, said Michael LeBlanc, senior vice-president for the industry group the Retail Council of Canada.

A possible lockout of 50,000 postal employees was averted on Friday and Monday, and negotiations are continuing at an Ottawa hotel.

"We still have a lot of work to do," said Canada Post spokesman Jon Hamilton. "There will be no lockout, and the union has said they will not strike. We will take them at their word."

The two sides have been at an impasse over equal pay for rural carriers, most of whom are women, and pensions for new hires.

Even before the threat of a lockout, Purolator had already seen a significant increase in shipping volumes, according to spokesperson Courtney Reistetter.

Purolator is prepared to add staff and overtime hours to meet the demand, said Reistetter.

The rise of e-commerce, has made retailers more dependent on parcel delivery services, LeBlanc said.

"As much as there is so much technology involved in e-commerce, you still can't e-mail a parcel."

Canada Post and the union representing 50,000 of its workers have resumed talks as the post office withdrew a threat to lock out its workers. RYAN REMIORZ/THE CANADIAN PRESS

Additionally, a lot of business-to-business communications and exchanges are still conducted by mail, including the exchange of cheques and invoices, LeBlanc added.

"There are other options to Canada Post, but Canada Post does have a very well-developed network, particularly in rural Canada, that is hard to replicate, if not impossible. There's a bunch of moving parts to it," he said.

"The capacity can't overnight find a home, so on the whole, it's a bit of a challenge for sure."

LeBlanc said that in the event of a service interruption, smaller independent retailers may have more problems signing up new delivery services if they rely on Canada Post and those services may be more expensive. Large retailers typically use a variety of shipping services.

"Smaller retailers have single source," said LeBlanc. "When that is disrupted, it's harder to call someone up and say I'm not your customer but I'd like to do business with you now."

A spokesperson for Walmart Canada said the company has many carriers available to ensure customers receive their orders without delay, but Canada Post disruptions would affect shipments to Canada Post pick-up locations and P.O. boxes.

A spokesperson for Sears Canada said the percentage of its business that relies on Canada Post is in the low single digits and they would not expect to encounter widespread difficulties, but residents of rural areas typically serviced only by Canada Post might not be able to receive package deliveries in the event of a work stoppage.

Customers were being asked to consider having their orders delivered to a nearby Sears Canada store.

Amazon.ca also employs a variety of delivery partners and is monitoring the situation to mitigate any potential impact, according to a spokesperson.

A spokesman for Canadian Tire said the impact on the company's online business is expected to be minimal as alternative methods of delivery are already in place.

HBC has an alternate home delivery provider in place to continue serving thebay.com, but there may be some delays to regular shipping times, according to spokesperson Tiffany Bourré.

A spokesman for eBay said the e-commerce site will remain open for business should there be any postal service disruptions, but is warning shoppers to be patient with shipping delays in the event of an interruption in services.

"Buyer and seller protections — including the eBay Money Back Guarantee — will take into account the impact of a labour disruption, should it occur," according to the spokesperson.

TORSTAR NEWS SERVICE

### BY THE NUMBERS

**The Retail Council of Canada's e-commerce benchmark report found 69 per cent saw an increase in online sales of between 10-25 per cent over the previous year (2015 vs 2014).**

- Canada Post reported in May that parcel volume increased by more than five million pieces in 2016 over 2015. Volumes in domestic parcels increased 20.5 per cent.
- Canada Post delivered one million or more parcels on every Monday in January as Canadians shop online more often.
- Q1 2015 Canada Post profit before taxes: $24 million
- Q1 2016 Canada Post profit before taxes: $44 million

POKEMON GO

## Crimes linked to new game

Police departments are reporting crimes associated with the new "augmented reality" smartphone game "Pokemon Go," which is based on cute Nintendo characters.

1 **Pokemon Go used to rob victims** — Police in Missouri say four teens robbed victims after luring them to a specific spot in O'Fallon, just outside of St. Louis, using the smartphone game. Police say the robbers, aged between 16 and 18 years, put a "beacon" at a location to draw in players.

2 **Game leads to body in river** — Authorities in central Wyoming are investigating after a woman playing Pokemon Go found a man's body in the Wind River near Riverton on Friday. The Fremont County Undersheriff Ryan Lee says the death appears to be accidental and possibly a drowning. He says evidence indicates the man went into the water where he was found.

3 **Stop trespassing to find Pokemon, sheriff warns** — In a post on its official Facebook page, the Goochland Sheriff's Office in central Virginia links a rise in reports of trespassing and suspicious activity over the weekend to Thursday's release of the Pokemon Go game. Deputies say they have found people on business, church, and government properties late at night when the grounds are closed.

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DATA

## Notify people directly about privacy breaches: Watchdog

Companies that lose personal customer data should be required to directly notify affected people — with limited exceptions — about the nature and date of the lapse along with steps taken to reduce the harm, says the federal privacy watchdog.

The Trudeau government plans to introduce breach-notification regulations in coming months to improve transparency and help consumers.

Several large businesses have been stung by hackers in recent years, causing embarrassment for proprietors and potential headaches for customers whose personal and financial details are suddenly circulating in cyberspace.

Legislation passed last year laid the groundwork for mandatory reporting of private-sector breaches that pose a "real risk of significant harm" to individuals.

The government recently asked the public and interested parties for comment on shaping the regulations and determining what companies and other private organizations will have to do in the event of a lapse.

The office of federal privacy commissioner Daniel Therrien says companies should directly notify those affected by a breach through means such as telephone calls, emails or mailed letters.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, July 12, 2016

**EMMA TEITEL ON PASSPORTS**

# Unless you have a debilitating fear of heights, the prospect of getting on a plane is unlikely to keep you up at night. But if you are transgender or gender queer, it might.

Air travel is stressful.

There are passports to mind, forgotten toiletries to stuff last minute into tiny plastic bags, and planes to catch—or miss.

There are glitches in the in-flight entertainment system, crying babies, and — courtesy of the person sitting next to you — inaudible, pungent farts.

But for most of us — and by most of us I mean people whose gender identities match their sex at birth — the stress of air travel is fairly minor.

Unless you have a debilitating fear of heights, or you're a Muslim person wary of racial profiling, the prospect of going to the airport and getting on a plane is unlikely to keep you up at night.

But if you are transgender or gender queer, it might.

In fact, in some cases, it may even prevent you from travelling altogether.

The reason for this is simple. Right now, the gender designations on our nation's passports allow Canadians to identify in only one of two ways — as either "male" or "female."

There is currently no gender-neutral identification option on Canadian passports, meaning that when a transgender or gender non-conforming person goes to the airport with a single-gender passport they can and do face uncomfortable questions and sometimes discrimination from airport staff who are confused by or suspicious of the way they look.

RJ Vandrish, an artist who lives in Toronto, who is gender queer, hasn't left the country since 2011 precisely for this reason. (2011 was when Vandrish transitioned; they use gender-neutral pronouns).

"I don't feel comfortable trying to cross any borders," says Vandrish, "because I don't know how I'm going to read (to airport staff), especially on an international level where gender is perceived differently."

**Passports are full of other ways to confirm identity — from height to a photograph**

By requiring holders to indicate a gender, passports reveal information that might not be needed. HANDOUT

"Even domestic travel is a little terrifying because I don't know if they're going to let me on the flight or not, because Transport Canada states that I have to look like my sex."

Vandrish's anxiety about this isn't unwarranted.

"I get referred to as 'oh sir–um oh, ma'am' and the person is very confused," they say. "Or I get looks when I use the washroom. Those experiences tell me that I'm not going to have an easy time traveling with a male or female passport."

Vandrish isn't alone either; according to Marcella Daye, Acting Manager of Policy at the Canadian Human Rights Commission, the passport problem is top of mind for several transgender and gender non-conforming Canadians whom the organization consulted.

"When a person changes their gender they have to go through a challenging process of changing every single one of their IDs, which is time consuming and costly," says Daye. "While they are in the middle of it, they might be carrying ID's with different genders."

In other words, if your driver's licence says you're male and your passport says you're female, accessing services that require two pieces of government issued ID can be make for awkward and potentially discriminatory results.

Luckily there is an easy solution to this problem—one adopted by seven other nations, including Australia, Bangladesh, Germany and New Zealand; a solution approved by the International Civil Aviation Organization (to which Canada adheres).

It's the called the third gender option: citizens who select it don't have to identify as male or female—instead, their passports will be marked with an "X."

Unfortunately there is a downside that makes the option unpopular with some.

That downside is the possibility that those who choose the X option will be easily "outed" as transgender or gender queer by airport officials.

Some gender non-conforming people, says Daye, would rather take their chances with a conventional passport than run the risk of outing themselves to the world.

They prefer the conventional passport (imperfect as it is) to the one that would single them out.

But in the absence of a better solution (perhaps in the future, we can remove gender altogether from passports) the X option is the safest and the most fair that we've got. For those concerned about security, passports are full of other ways to confirm identity—from height to a photograph.

"Gender is rarely needed to deliver a service to a person," says Daye. Neither is religion — once common on identification cards and travel documents.

"We used to use race and religion to identify people and we don't anymore," says Daye. It's our hope that gender will come under the same scrutiny."

It's my hope too.

Because when transgender and gender non-conforming people go to the airport, the anxiety inducing question on their minds shouldn't be "what will they say when I flash my passport," but "where the hell did I put it?"

**Emma Teitel** is a national columnist for the Toronto Star.

# Buzz On's life, death and possible rebirth

**COLLINS' CAPITAL**
**Steve Collins**

In a city where two girls and a rogue lemonade stand can occupy the attention of federal authorities, it's perhaps surprising that Buzz On lasted as long as it did.

The city's first vapour lounge, where patrons paid to smoke their own weed, closed June 30 after a bumpy 14-month run, of which it was only open about 10.

They opened last April to a distinctly chilly welcome from city politicians (Mayor Watson pronounced it "the last thing this city needs,") and police, who were persistent visitors in the lounge's early days.

But after a few uneventful weeks, those visits petered out. A slew of violations of building codes and related bylaws instead shuttered the place last Victoria Day Weekend.

Manager Wayne Robillard says it took four months and $40,000 to install air exchangers and get washrooms up to code. They reopened to seeming indifference from city officials, in the final days of a federal campaign that saw the Liberals elected on a platform including pot legalization.

But we suffer from no local shortages of regulation, and a loophole in the provincial Smoke-Free Ontario Act, which had use to apply only to tobacco, snapped shut July 1. Buzz On and its patrons could have faced heavy fines for vaping indoors in public.

Unlike Uber, which had the resources to fight tickets for breaking taxi bylaws as a cost of doing business, Buzz On was already struggling, a glorified drop-in centre barely scraping by on five-buck "membership" fees at the door, plus maybe a vape rental and a bag of chips.

"We already weren't making it, so we weren't willing to risk going even further in debt," Robillard explained.

Still, he's ready to absorb the past year's lessons and try again, perhaps in a more central location, with proper ventilation and wheelchair accessibility from the get-go.

On the occasions I visited Buzz On, I found it a quiet (maybe too quiet) and welcoming place, not a whacked-out drug den. They asked for proof of age, but not medical marijuana permits. Some patrons, especially the groups of seemingly young healthy guys rolling in for 4:20, struck me as recreational users. My response: So what?

Still, once or twice, I saw somebody walk out of the lounge and get in a car. Were they impaired? I wondered.

The Buzz On experiment may have failed, but Robillard is encouraged by the number of marijuana dispensaries opening in town. And he had fun failing.

"I loved it when we opened. I loved the controversy that we brought to Ottawa," he said. "We were trying to do something different, which Ottawa is not known for, right? We're always the last to do anything. So, yeah, when we first opened, it was pretty cool, I gotta admit, and I've met some awesome people through it all. There's some really great activists in this community and I call them friends now."

After we wrapped one interview at Buzz On, Robillard had a vape, took out his guitar and strummed, among other songs, Trooper's "Raise a Little Hell."

For a while, Buzz On did.

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Solange Knowles joined protesters marching the streets of Baton Rouge this weekend

# Siblings on the sidelines

Right: Sara Selthofer and daughter Menka sneak away to the playground during one of her brother Alex's games. **When youth sports get serious, non-sporty siblings often have to tag along whether they like it or not.** CONTRIBUTED

FAMILY LIFE

## How parents deal when only one kid is in elite sports

**Genna Buck**
Metro Canada

For as long as she can remember, many of nine-year-old Menka Stojcevski's summer weekends have been the same. She either sits on the sidelines watching a baseball or golf game, or kills time at a nearby park, sometimes with other non-sporty siblings of young athletes.

"There was this one like three-hour game of baseball and I was getting really hot. After a while I get bored of watching," she says.

Menka's brother Alex, 12, plays baseball and golf in the summer and rep hockey from August to April. All year long, he has practices and games at least a couple of times per week, more during hockey season, plus weekend tournaments out of town and three-hour-plus drives from their home in Windsor, Ont. to away games.

Alex is in house-league baseball this season, but he's such a strong player that he keeps getting asked to tournaments.

Menka, on the other hand, is more academically inclined. She likes to read, and has tried out horseback riding, gymnastics, dance and hockey at a recreational level, but nothing requiring anything the type of commitment Alex's sports take.

Their mother, Sara Selthofer, like so many parents, struggles to balance Alex's sports — and the travelling, money and family time they require — with the needs of her other child.

"It's a tough thing," says Katherine Tamminen, a sport psychology professor at York University. "Sometimes siblings do feel neglected."

Elite sports may gobble up time, but they don't have to monopolize parents' attention or "dominate the entire family conversation," Tamminen said.

"Our schedule has basically been around Alex since he was seven," Selthofer says. "It's a daily battle for me. I do feel like I spend a lot more time with Alex. You get caught up in it ... because you're very proud of your athletic child. And Menka's very easygoing and content. (We) almost take advantage of that."

It's painful, because Selthofer loves watching and knows Alex wants both parents cheering him on, but lately they've been splitting up the family more: Her husband Adam takes Alex to his game or practice while Menka and her mom stay home or explore the town they're visiting.

And when she sees Menka fading during a game, they go to the mall, or out for ice cream, or head to the hotel pool.

"I can just tell she's had it," Selthofer says. "For her to sit through three ball games in one day is not fun. It's great if there are other siblings, if she has a friend she can play with. But sometimes that doesn't work out."

"I'm proud of Alex that he goes through all this hard work in hockey and baseball and all the other sports," Menka says, confessing, at the same time, that she'd usually rather do something other than watch a game.

Over the years, Menka has collected some wisdom about how to make the best of being a sports sibling: "Make sure to plan what you're going to do, and don't be shy to make new friends, because if you don't make new friends it's going to be boring."

### EXPERT ADVICE

**Tips for parents from Dany MacDonald, UPEI sports psychologist**

**Provide choices**
Decisions help kids "feel invested," MacDonald says. He suggests letting siblings choose their spirit wear for the game, pick where they'll sit and make up a chant to cheer their brother or sister on.

**Be realistic**
Parents need to remember odds are around 1 in 10,000 that a young player will become a pro athlete — even though 30 to 40 per cent of parents believe their kid has what it takes.

**Make fun priority one**
Above all, parents should remember sports are ultimately about fun, especially for younger kids. Kids get the same social and fitness benefits from sampling many sports as they can from elite-level training in one.

JOHANNA SCHNELLER WHAT I'M WATCHING

## Ignoring women a tired plot device

**THE SHOW: Marcella, Season 1, Episode 8 (Netflix)**
**THE MOMENT: The doubting boss**

British detective constable Marcella Backland (Anna Friel) and her unit think Matthew may be a serial killer, but they can't put the last pieces together. "Why move Grace's body?" asks Marcella's partner Alex (Charlie Covell).

"That's the last thing Henry (Grace's brother) asked me," Marcella says.

"'Why did Matthew move Grace's body?'" She pauses, thinking. "If Matthew and Henry were like brothers, he would have known about Matthew's back problems. He would have asked how Matthew moved her, not why." Marcella's boss Rav (Ray Panthaki) shuts her down. "We've got all this evidence," he says. "You've got a guy who's saying why instead of how. No. We focus on Matthew only. Understood?"

Um, no, not understood. Rav knows Marcella is a brilliant cop. For seven episodes, he's seen how right her deductions and instincts are. Yet he's fought her every step of the way, and here, with time running out, he decides to ignore her altogether. Please, TV writers, retire this plot device, which I call the Medium feint. (Remember Medium, where Patricia Arquette always knew who did it, though her boss made her prove herself week after week?) If you have Medium working for you, don't second-guess her. She's a Medium. Don't create fake drama by not listening to her until it's almost too late. Listen to her! Let her do all the work, while you sit back and collect commendations. And while we're at it, if you're married to I Dream of Jeannie or Bewitched, let her use her powers to housecleanse. You'll both be happier.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

**Marcella Backland is a brilliant cop, but for seven episodes her boss has fought her instincts. It's time to retire this plot device, writes Johanna Schneller.** CONTRIBUTED

# Goodbye bachelor party benders

EVENT PLANNING

## Skydiving and bike tours are replacing strip clubs, casinos

For Jarrett Ehler, the perfect bachelor party was not a night of drunken debauchery. There were no strip clubs, casinos or limousines.

Instead, he and 11 close friends played golf, ate steaks, sipped beers and talked around a campfire during a getaway at Sherwood Golf and Country Club in Chester, N.S., in early June.

"I wanted it to be about having my friends together and having a good time with them," said the 27-year-old Ehler, who is from Prince Edward Island but lives in Toronto.

"I didn't want it to be a typical city event where everyone is going in different directions and you get so absolutely hammered that you don't even have any meaningful conversations."

Industry experts say Ehler's experience is becoming the new normal. Bachelor parties in Canada are moving away from the traditional night of vice, with many grooms opting instead for experience-based celebrations that run the gamut from beer tasting to bike tours.

Dan Brennan, CEO of the Ottawa-based Breakaway Experiences Inc., said he often caters to the thrill-seeking groom. He said bachelors nowadays are looking for a full-day or weekend-long experience, with some opting to tick boxes off their bucket lists.

"It's often not just about partying in bars and drinking anymore. It's turning into a full experience," said Brennan, adding that his company offers a range of bachelor party experiences including skydiving and stunt car driving.

"More and more, bachelor parties are becoming an event. They want to do something that they're going to remember — something unique and fun."

> It's often not just about partying in bars and drinking anymore. It's turning into a full experience.
> Dan Brennan, Breakaway Experiences Inc CEO

Oren Bornstein, owner of the bachelor party planning company Connected Montreal, said many contemporary couples are getting married at an older age than their parents did.

**Friends of Howard An , right, who is getting married in October, exercise before some Axe Throwing action as part of An's bachelor party.** EDUARDO LIMA/THE CANADIAN PRESS

He said those grooms are more likely to crave a weekend away from the daily grind rather than a one-night bender.

"People are getting married later on in life and there's less and less chances for guys and their buddies to go on vacation with just each other," said Bornstein. "So ironically, it's becoming less about the bachelor and more just about everyone getting together."

But Bornstein conceded he still plans plenty of parties riddled with immoral self-indulgence: "I think at the end of the day, boys will be boys," he said with a laugh.

Newlywed Matt McGrath wasn't interested in having naked women at his camping stag in coastal Blandford, N.S.

"At the end of the day, I don't live my life like a rap video," said the 31-year-old man with a deep chuckle, adding that his friends planned his party. "(Strippers) don't have any sort of appeal to me. I don't see the entertainment in it and I don't think it's tasteful."

McGrath said he thinks grooms in the 21st century are also becoming more frugal.

"Throwing away your money on visuals — maybe that's not the best way to spend your money or your friend's money when you can grab a couple of beers... and share some stories with the intent of celebrating the life you've created and carved out for yourself," he said.

Ehler agreed, saying he wanted to celebrate his upcoming marriage with his closest friends.

"It's not about a 'last call,"' said Ehler, who is getting married in Digby, N.S., on July 31. "It really is just an opportunity to get everyone together and celebrating the phase of life that you're at." THE CANADIAN PRESS

HEALTH TREND

## It's time we embraced the nap

It's overwhelming when it hits, the animalistic urge to take a nap.

It usually happens in the afternoon, when cortisol, the hormone that helps us feel awake, continues to dip to low levels after peaking in the morning and after lunch. But most of the time we don't give in to the urge to nap. That's because to nap is to reveal a weakness, says sleep researcher Sara Mednick with the University of California Riverside. "There's such a feeling of shame and guilt around needing to sleep. It's just not accepted in our culture." But the midday nap, many experts say, can help re-energize us, increase productivity and even stave off heart disease.

**Nappers rejoice. Research has found plenty of health benefits associated with siesta.** ISTOCK

Mednick's nap lab is known for having tested well-rested people over the course of a day without napping. She examined their energy level and performance on various memory and creativity tasks. Without napping, they deteriorated throughout the day. She bribed them with money, had them rest with their eyes closed to see if their performance improved, but nothing worked. It wasn't until they napped for 60 minutes in the afternoon that not only their energy surged, but their ability to perform simple creative tasks like word associations increased.

"Compared to people who've been awake all day, people who nap have fewer attention lapses," Mednick says.

A short 20-minute nap, often referred to as a "power nap," is like pressing the reset button for energy, but it won't have the same impact of a longer nap of 60 to 90 minutes, Mednick says.

In longer naps, a person goes through deeper phases of sleep, called slow wave and rapid eye movement (REM), where the greatest effects will be seen.

Recent studies have shown that napping may be connected to even more dramatic benefits. It has been linked to decreased levels of hypertension, or high blood pressure, according to 2015 research in the Journal of Human Hypertension. In 2007, researchers with the Harvard School of Public Health in Boston found a relationship between midday naps and a decreased prevalence of heart disease.

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# metro SPORTS

Tens of thousands of people greeted Portugal on arrival in Lisbon on Monday to celebrate Sunday's Euro 2016 victory

# Duncan calls it quits

NBA

## Spurs icon announces retirement at the age of 40

Tim Duncan spent all of his 19 NBA seasons with the San Antonio Spurs. GETTY IMAGES FILE

Tim Duncan spent nearly two decades as the quiet storm in the middle of the San Antonio Spurs franchise, putting the team on his broad shoulders and carrying it to heights unseen in modern American sports.

With Duncan as the focal point, the Spurs won five championships, made the playoffs in all 19 of his seasons and cemented themselves as one of the most successful sports franchises in history. And now, the tireless and reluctant superstar is finally calling it a career.

The 40-year-old Duncan announced his retirement on Monday, marking the end of an era for the Spurs and the NBA.

"The greatest power forward ever," the Los Angeles Clippers' Jamal Crawford said Monday, as the tributes to Duncan's career began coming.

Few would dare argue.

Duncan was the No. 1 overall pick in 1997 and teamed with coach Gregg Popovich, point guard Tony Parker and shooting guard Manu Ginobili to turn the Spurs from a solid franchise that could never quite get over the hump into one of the league's superpowers.

"The constant staple of their franchise," Cleveland's LeBron James said earlier this year.

**Even tho I knew it was coming, I'm still moved by the news. What a HUGE honor to have played with him for 14 seasons! #ThankYouTD** Manu Ginobili

The unassuming Duncan won two MVP awards and was one of just four players to be named NBA Finals MVP at least three times. Nicknamed "The Big Fundamental" for his clinical approach that favoured bank shots over dunks, he was a 15-time all-star, a member of the All-NBA first team 10 times and is one of only three players — joining Kareem Abdul-Jabbar and Robert Parrish — to win at least 1,000 games in his career. He is fifth on the NBA's career list in blocks, sixth in rebounds and 14th in scoring.

NBA commissioner Adam Silver called Duncan "one of the most dominant players in NBA history" and lauded him for an "understated selflessness (that) made him the ultimate teammate."

"For two decades Tim represented the Spurs, the city of San Antonio and the league with passion and class," Silver said. "All of us in the NBA family thank him for his profound impact on the game."

THE ASSOCIATED PRESS

### TIM DUNCAN: BY THE NUMBERS

| 3 | 5 | 50 | 9,370 |
|---|---|---|---|
| NBA Finals MVP awards, 1999, 2003 and 2005. | NBA championships won, in 1999, 2003, 2005, 2007 and 2014. | Minimum number of games the Spurs have won in each of the last 17 seasons, an NBA record. | Career playoff minutes played, most in NBA history. |

OLYMPICS

## Canadian track stars hungry for medals

Canada will field its largest — and arguably strongest — Olympic track and field team next month in Rio.

Four years removed from a young squad which captured one medal at the London Olympics — Derek Drouin's bronze in high jump — the team is that much older and better, and poised for a parade to the podium in Brazil.

**We can be contenders on this stage for medals, not just there to experience it.** Brianne Theisen-Eaton

The Canadian team, introduced in a ceremony Monday in Edmonton, now has embarrassment of riches virtually across the board. Where once Canada dominated only in men's sprints or women's hurdles, this team has contenders in virtually ever discipline from the 100 metres in world bronze medallist Andre De Grasse, to the multi-events in world heptathlon silver medallist Brianne Theisen-Eaton and world decathlon silver medallist Damian Warner.

"Seeing Derek win that medal in 2012, you couldn't help but feed off that, and I think it's making everybody pick up their game," Warner said. "(Drouin's bronze) showed me it was possible.

Among other notable team members are Shawn Barber, the reigning world champion in the pole vault, and race walker Ben Thorne, a world bronze medallist. THE CANADIAN PRESS

## IN BRIEF

**Ruling on Sharapova's doping ban postponed**

A ruling on Maria Sharapova's appeal of her two-year doping ban has been postponed until September, ruling her definitively out of the Olympics in Rio de Janeiro.

The decision had been due to be issued by next Monday. THE ASSOCIATED PRESS

**Spieth passes on Olympics**

Jordan Spieth withdrew from the Olympics citing "health reasons" on Monday, leaving golf without its top four players when the sport returns to the games for the first time since 1904. Jason Day, Dustin Johnson and Rory McIlroy previously withdrew, all citing the Zika virus. THE ASSOCIATED PRESS

**Warriors' Green arrested for assault and battery**

Golden State Warriors star Draymond Green was arrested on a charge of misdemeanour assault and battery over the weekend near the Michigan State campus, police said Monday. THE ASSOCIATED PRESS

**Raptors reportedly add Sullinger to frontcourt**

The Toronto Raptors appear to have signed power forward/centre Jared Sullinger in an attempt to solidify their frontcourt.

The Raptors have not officially announced the signing, but Sullinger tweeted "WE THE NORTH#0" on his verified account and changed his Twitter avatar to a Raptors logo. THE CANADIAN PRESS

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**YESTERDAY'S ANSWERS**

Your daily crossword and Sudoku answers from the play page.

**for more fun and games go to metronews.ca/games**

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# UFC sold for record $4 billion

MIXED MARTIAL ARTS

## Top promotion sold to WME-IMG for huge windfall

In less than 16 years, the UFC has grown from a money-losing company in a widely reviled sport into a global entertainment property worth $4 billion.

While the UFC and its new owners figure out the company's next steps, Lorenzo and Frank Fertitta are tapping out of mixed martial arts with a remarkable return on a $2-million investment.

The UFC has been sold for approximately $4 billion to a group led by Hollywood entertainment conglomerate WME-IMG, both companies confirmed Monday.

The sale will spectacularly benefit the Fertitta brothers and UFC president Dana White, who first persuaded his wealthy high school buddies to buy the cage fighting promotion in 2001. White also owned nine per cent of the company, and he isn't going anywhere despite his own windfall: he'll remain the boss and public face of the UFC while keeping an ownership stake.

"No other sport compares to UFC," White said. "Our goal has always been to put on the biggest and the best fights for our fans, and to make this the biggest sport in the world. I'm looking forward to working with WME-IMG to continue to take this sport to the next level."

Since their purchase of IMG three years ago, WME co-CEOs Ari Emanuel and Patrick Whitesell have been pursuing properties throughout sports and entertainment ahead of a possible initial public offering. The UFC is their biggest buy yet — and the deal appears to be the largest single financial transaction in the history of sports.

"We're now committed to pursuing new opportunities for UFC and its talented athletes to ensure the sport's continued growth and success on a global scale," Emanuel said.

In their first public comments about the deal, White and the new owners have suggested little will change at first for the promotion. The UFC has a full slate of fights scheduled this year, all building toward its long-awaited debut at Madison Square Garden in November after New York legalized MMA earlier this year.

But the UFC's new financial backing and WME-IMG's marketing dexterity seem certain to lead to even more growth and global prominence for MMA's dominant promotion, which has bought out or eliminated many of its competitors in the sport.

THE ASSOCIATED PRESS

**UFC 200 in Las Vegas Saturday night was billed as one of the biggest events in the promotion's history.** REY DEL RIO/GETTY IMAGES

> **Perfect time to change the revenue split to 46/54 per cent to be equal to the other major sports**
>
> A tweet from featherweight Jeremy Stephens who was among many fighters who took to social media to speculate hopefully about Monday's deal.

**$2.5M**

**Brock Lesnar made a basic purse of $2.5 million US** for his win over Mark Hunt at UFC 200 on Saturday night. The payout is a record for a disclosed UFC purse.

REY DEL RIO/ GETTY IMAGES

## IN BRIEF

**Williams claims 'world record' for most drug tests**

Former running back Ricky Williams says he went through "at least 500" drug tests during his 11-year NFL career.

**Ricky Williams** GETTY IMAGES

The first-round draft pick by New Orleans in 1999 tells Sports Illustrated in a film to be released on SI.com on Wednesday that he "might have the world record for most times drug tested." Williams, who also played for Miami and Baltimore and had a short stint with the Argonauts in the CFL, sat out the 2006 season while suspended for violating the NFL substance abuse policy. THE ASSOCIATED PRESS

**8-3-1**

Through three weeks of the CFL season, the visiting team has posted an 8-3-1 record. The Redblacks, one of the league's road warriors, are 2-0 away from Ottawa.

THE CANADIAN PRESS

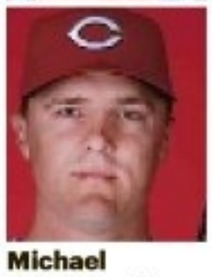
MLB ALL-STAR GAME

## Nixed trade paying off for Jays and Reds

There would be a shade of irony if both Michael Saunders and Jay Bruce ended up on the same hotel floor, down the hall from each other at the all-star game in San Diego on Tuesday.

Four months ago, they were almost dealt for each other as part of a three-team trade with the Blue Jays, Reds and Angels.

Saunders was on his way to Anaheim in the deal, and Bruce would have replaced him in Toronto as the team's primary left-handed hitting outfielder.



**Michael Saunders, top, and Jay Bruce** GETTY IMAGES

Health concerns of one of the players involved in the trade scuttled the deal that was widely reported but never completed.

Both players earned an all-star berth last week with their original teams, so the nixed deal has turned out well for both organizations.

Bruce has a .267 batting average this year with 18 home runs and 63 RBI, bouncing back from two subpar seasons. His name has once again popped up in trade talks with the rebuilding Reds.

Bruce is in the final year of a six-year, $51-million contract he signed with the Reds in 2011. The Reds have a $17-million club option for 2017 (with a $1-million buyout).

Saunders worked tremendously long and hard after tearing knee ligaments, simply to get healthy and a shot at reclaiming the left-field position that was his to start the 2015 season. He missed not only the bulk of last year, but the Jays' exciting playoff run.

"I've always said I was glad it (trade) didn't happen," Saunders said Sunday, before boarding a plane to San Diego.

"This year I wanted to be with this team and help it every day. So yeah, I'm glad I have that opportunity."

TORSTAR NEWS SERVICE

**HOME RUN DERBY STANTON LIGHTS UP OPENING ROUND WITH 24 MOONSHOTS**

Miami Marlins slugger Giancarlo Stanton smiles during Monday night's home run derby in San Diego. Stanton hit 24 home runs in the first round against Robinson Cano of the Seattle Mariners with his longest shot measured at a mammoth 497 feet. Go to metronews.ca for more MLB All-Star Game coverage. DENIS POROY/GETTY IMAGES

# RECIPE Salmon with Peach Cucumber Salsa

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

You can top this sweet and family-friendly salsa on a variety of fish but we're fans of tender salmon.

**Ready in**
Prep time: 10 minutes
Cook time: 20 minutes

**Ingredients**
- 4 or 5 filets of salmon with skin
- 2 cups of peeled, pitted and diced peaches (I used 3 peaches)
- 1 cup unpeeled, diced cucumber
- 3/4 cup diced red pepper
- 1/4 cup washed, finely chopped cilantro
- 4 Tbsp lime juice
- 1 tsp of chipotle chiles (adjust depending on how much heat you like) minced

**Directions**

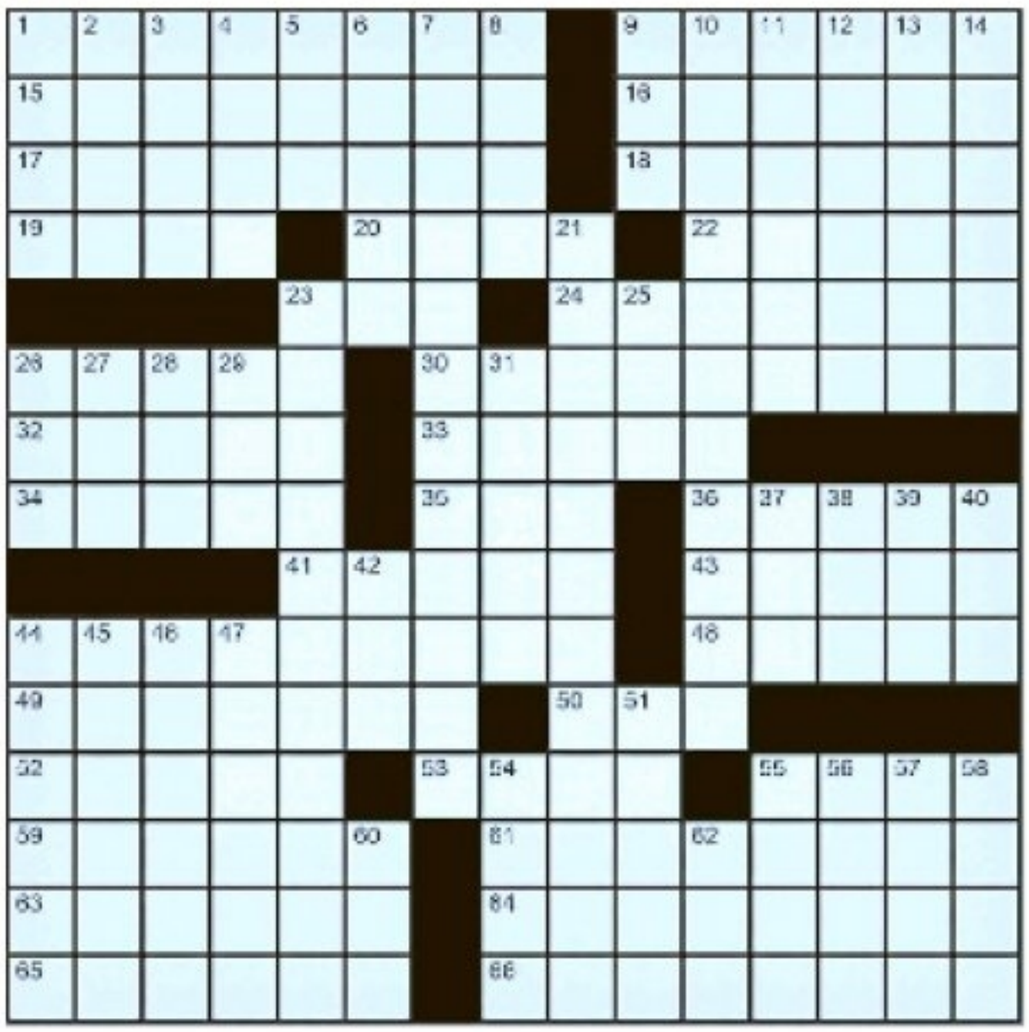
**1.** Mix all the ingredients for the salsa except the chiles. Separate the amount you think you'll give little kids or those with zero tolerance for heat. Then add your chiles and stir it all together. Taste and check seasoning. Cover and place in the fridge.

**2.** Wash and pat dry the salmon. Season the fish with salt and pepper and a slick of olive oil on both sides. Place the fish on the grill, skin side down. Leave for 4 to 5 minutes, depending on the size of your filets. Use a thin spatula to flip the fish over. Allow to cook for another 4 to 5 minutes on the flesh side. Serve with a heaping spoon of salsa

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Newfoundland... Village on the Great Northern Peninsula: 2 wds.
9. Three-sided ancient harp
15. Goals reacher
16. Q. "Who is Bruce Willis' daughter who won on 'Dancing with the Stars'?" A. "_ _ believe."
17. Canadian supermodel Monika
18. Take _ _ (Rest)
19. Leaky balloon sounds
20. 'Arthr' suffix
22. "Say _ _ the Dress"
23. "...or _ _ thought."
24. Greek Myth: Hunter turned into a hunted-by-hounds stag
26. Mount _ Hospital, in Toronto
30. Flyers
32. Breezing through
33. Stick out like _ _ thumb
34. Welsh poet Mr. Thomas
35. Calif. NBA team
36. Trash-can-lids-as-instruments theatrical show
41. Actor Alan's
43. Intrepid individual
44. Welder's tool
48. Mosey along
49. Cite: 2 wds.
50. Climbing plant
52. Between: French
53. Supplication
55. Biblical twin
59. Saskatchewan hamlet, it looks like our great nation in a way
61. Hamlet castle setting
63. Cylindrically-shaped
64. Self
65. Town Crier's call!: 2 wds.
66. Once/when: 3 wds.

**DOWN**
1. Paul McCartney's instrument
2. Abbr. list-enders
3. CFL players, e.g.
4. Also-_ (Runners-up)
5. The Company org.
6. "Blame It _ _" (1984)
7. Nunavut... Mount Thor is so steep that it's known for being the Earth's greatest what?: 2 wds.
8. "Able was I _ _ saw Elba."
9. -La-La lead-in
10. 1967 Rolling Stones hit: 2 wds.
11. Jennifer Lopez hit: 2 wds.
12. "...six _ _-laying..."
13. Speechmaker
14. Certain cameras
21. Canadian author (who grew up in the Chicago suburb of Oak Park) of The Stone Diaries: 2 wds.
23. Be an endorser of 'Ghent' to end the War of 1812: 3 wds.
25. "Proud Mary" gr.
26. Clown face expression
27. Frigid
28. Zippo
29. Santa _, California
31. "The Love Boat" bartender
37. Glasgow topper
38. Eyeball
39. Alice's diner boss
40. Grand-_, Nova Scotia
42. Piece of land
44. Inhalation
45. Temporary money getter
46. Hill _ _ (Ireland's ancient High Kings realm)
47. Mr. Klemperer, Colonel Klink's portrayer on "Hogan's Heroes"
51. Pottery creations
54. Carrie Fisher's royal role
55. 'Within'-meaning prefix
56. "_ _ conclusion..." (Speech-ending phrase)
57. Greek city once called Ambracia
58. Slangy one-eighty turns
60. Bee's follower
62. Ancient veil-giver

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
The next three weeks will be full of opportunities for parties, picnics, sports events and playful times with children. You feel flirtatious and in the mood for fun!

**Taurus** April 21 - May 21
Expect to focus on home and family in the next three weeks. Many of you will attend to home repairs and tackle fun decorating projects. (Sometimes not so fun.)

**Gemini** May 22 - June 21
In the next three weeks, your daily schedule will be busy! Short trips, errands and discussions with everyone will be upbeat and friendly.

**Cancer** June 22 - July 23
Trust your moneymaking ideas in the next three weeks, because you can boost your income. It's a good time to shop for treasures for yourself and loved ones.

**Leo** July 24 - Aug. 23
Both Venus and Mercury will move into your sign now, to stay for several weeks. This makes you social, charming and diplomatic. (Yes, everyone loves you.)

**Virgo** Aug. 24 - Sept. 23
Research and working behind the scenes will go well for you in the next few weeks. If there's something you need to learn or discover, start digging!

**Libra** Sept. 24 - Oct. 23
The next few weeks will be a social, fun-loving time for you. Enjoy classes, clubs, groups and associations. Expect to hang out with younger, creative people.

**Scorpio** Oct. 24 - Nov. 22
Discussions with bosses, parents and VIPs will go well in the next few weeks. Expect someone to ask for your creative input about design, layout, landscaping or webpages.

**Sagittarius** Nov. 23 - Dec. 21
Travel for pleasure appeals to you now. In the next few weeks, you will have chances to travel, which means you must keep your eyes open and be ready to jump at the first opportunity.

**Capricorn** Dec. 22 - Jan. 20
Gifts, goodies and favors from others will come your way in the next three weeks. This is an excellent time to tie up loose ends with inheritances and shared property.

**Aquarius** Jan. 21 - Feb. 19
Relations with partners and close friends will improve in the next three weeks, because both Venus and Mercury will be opposite your sign.

**Pisces**
Feb. 20 - March 20
You will enjoy your job much more in the next three weeks because co-workers will be supportive and friendly. You also might get a raise or, at least, praise.

**CONCEPTIS SUDOKU** by Dave Green

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